

TOMATOES



Tomatoes are in season from mid-July through October.

Tips for selecting tomatoes

Look for well-formed tomatoes that are smooth and reasonably free from blemishes. A perfectly ripe tomato will be completely red, have a sweet subtle aroma, and be firm but not hard. Use imperfect tomatoes in cooking, but check carefully and cut off:

- bruised areas,
- green or yellow areas,
- growth cracks, and
- water-soaked spots.

Storage

For the best flavor, store whole tomatoes at room temperature. Sliced or chopped tomatoes must be stored in the refrigerator. Green tomatoes can be ripened at room temperature away from sunlight. Place green tomatoes in a paper bag to speed up ripening.

Preparation

Wash tomatoes in cold water and then cut out stem ends (do not cut out stem of cherry tomatoes). Tomatoes can be peeled if desired. The most common way of slicing tomatoes is crosswise. However, slicing tomatoes vertically from the stem end to the blossom end also makes nice slices with less loss of seeds and juice.

To peel

Cut shallow crosses in the blossom ends. Lower the tomatoes into boiling water for 15 to 30 seconds. Remove from hot water and cool in cold water. The skin should peel off easily from the cut area using a knife.

Serving ideas

Tomatoes are delicious served fresh in salads, on sandwiches, or eaten as they are. They can be stuffed, stewed, fried, baked, and can be used in sauces, casseroles, and soups.

Key nutrients

- Antioxidant lycopene which may prevent certain types of cancer
- Potassium to help maintain normal blood pressure
- Vitamin C for healthy gums, skin, and blood

Recipes

Stuffed tomato salad

1 tomato
1 rounded tablespoon low-fat cottage cheese
1 tablespoon green pepper, chopped
Cut off top of tomato (stem end) and remove seeds. Cut from top halfway down as if making wedges. Chop green peppers and mix with cottage cheese. Place mixture in tomato. Chill and serve. Serves 1; 40 Cal; 0.5 g fat.

Salsa

2 medium tomatoes, chopped
4 ounce can green chiles, chopped
1 cup corn
½ cup onion, chopped
½ teaspoon chili powder
½ teaspoon sugar
¼ teaspoon oregano
¼ teaspoon salt
⅛ teaspoon cayenne pepper
Combine all ingredients. Cover tightly. Cook on stovetop until boiling (about 20 minutes). Refrigerate at least 4 hours before serving. Serves 10; 25 Cal; less than 1 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Tomatoes (B4166-29)

R-03-2019